Centre of Mass and Rotational Motion – Formula Sheet

- Centre of mass: $R = \Sigma m_i r_i / \Sigma m_i$
- Torque $\tau = r \times F$
- Angular momentum $L = I\omega$
- Moment of inertia (rod, centre) = $ML^2 / 12$
- Rotational KE = $\frac{1}{2} I\omega^2$